



A Nutrition Resource

# MINI BERRY PIE

**Yield: 5 Servings | Serving Size: 1 shell with 1/4 cup fillings**

**Cost/Serving: \$1.22**

## Ingredients:

### Pie Crust

- Nonstick cooking spray
- 5 (6-inch) whole wheat tortillas
- 1 teaspoon sugar
- 1/4 teaspoon cinnamon

### Pie Filling

- 1 (16-ounce) bag frozen mixed berries (2 1/2 cups)
- 1 1/2 teaspoons sugar
- 1 teaspoon cornstarch

## Directions:

- 1) Preheat oven to 375°F.
- 2) Spray a muffin tin with nonstick cooking spray.
- 3) Lay tortillas flat. Spray one side of each tortilla with cooking spray.
- 4) Combine sugar and cinnamon. Sprinkle mixture on the tortillas.
- 5) Place the tortillas in the muffin tin. Fit them into the muffin bowls. The cinnamon and sugar will be on the inside of the bowls. Bake the tortillas for 13 to 15 minutes. They will be light brown and crisp.
- 6) Put berries in a medium saucepan over low heat.
- 7) Stir sugar and cornstarch in a small bowl. Add mixture to thawed berries.
- 8) Cook over medium heat. Mixture will start to get thick and bubble. Cook one minute more. Remove from heat.

## Nutrition Facts

5 servings per container  
**Serving size 1 shell with 1/4 cup filling (100g)**

Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 2g Added Sugars	4%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 48mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**MONTANA**  
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

9) Put 1/4 cup berry filling in each tortilla bowl.

*This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the spend Smart. Eat Smart. website. <http://tinyurl.com/c59523>.*

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION